

## Healing II

### “Walking in Health”

Intro: III John 2-4 (KJV)

Being in health vs. getting healed

Blessings vs. miracles

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[ Walking in Health ] – top 5

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#### 1. God’s Word

Psalm 107:20 (KJV)

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Proverbs 4:20-23 (KJV)

- Life comes from God’s Word
  - It brings health to the body
  - Guard your hearts with God’s Word
  - Isaiah 55:10-11 (ref) seed/bread
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#### 2. Laughter –Proverbs 17:22 (KJV)

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(MSG) (NLT)

Learn to laugh

Guard the heart

**KEEP** a merry heart

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#### 3. Cast cares on God

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Philippians 4:4-7 (KJV)

I Peter 5:6-9 (KJV)

Worry / anxieties / fear

Prayer and fasting

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#### 4. No envy or jealousy = painful awareness of an advantage enjoyed by another

Proverbs 14:30 (KJV)

James 3:16 (KJV)

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#### 5. Be quick to forgive

II Corinthians 2:9-11 (KJV)

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Hebrews 12:15 (KJV)

MSG / NLT

Offense / unforgiveness / bitterness / defiled